

ABSTRACT

The present investigation attempted to examine the direct and indirect influences of attachment style on well-being, being mediated by prosocial behavior, social skills, self-esteem, and trust in others, and also to determine if the hypothesized paths would vary as a function of gender. To fulfill the aims of this study, three separate but interlinked studies were conducted. A total of 1,110 Maldivian university and college students aged between 18 and 30 years consented to fill in a set of questionnaires consisting of the following measures: the Relationship Scale Questionnaire, Adapted Self-Report Altruism Scale, Problem Solving Inventory, Rosenberg Self-Esteem Scale, General Trust Scale, Short Depression Happiness Scale, and the Satisfaction With Life Scale. The results of Study 1 revealed that, with the exception of the Relationship Scale Questionnaire, all other scales yielded sound psychometric properties. In Study 2, two hierarchical models were posited, evaluated, and compared as to their efficacy in explaining the influence of the exogenous variable attachment style on the criterion variable of well-being, via the four cited mediating variables. Evaluation and comparison of the fit of these two nested models pointed to the direct path model as being more parsimonious and better fitting than the full indirect path model. Additionally, it was hypothesized that there are significant differences in the relationships proposed in the model, based on gender. The results of Study 3 confirmed that the patterns of structural relationships posited between attachment style and well-being operated similarly for the male and female Maldivian participants. In effect, no significant gender differences in the hypothesized relationships were found.

Keywords: attachment style, well-being, prosocial behavior, social skills, self-esteem, and trust in others.